

ISSUE #101

AUGUST 2018

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Steven Pitcher
New Sheriff In Town

GET IN TOUCH

Steven: 07342 980 292

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Dear Readers

Welcome to our 101st issue, and my first at the wheel.

Although, that said, I have been here for the last 4 years, working in the shadows like a shoemaker's elf, putting the mag together late at night while overdosing on caffeine and energy drinks.

Some of you, of course, will know me from my computer business, where I've been fixing broken gadgets since 2014.

The funny part of that is that I have only ever advertised in Headington Monthly, and nowhere else. To those who say print advertising doesn't work, I say "pppfffft". A small ad in a local magazine has sustained me for 4 years. It works!

As you all start getting to know me, you'll find I'm quite outspoken, not afraid to ruffle a few feathers to get people thinking, am ambitious and sometimes a little too kind. I have a deep passion for mental health causes (having been a sufferer for my entire life), and a very deep aversion and disdain for injustice and hypocrisy.

Of course, over the coming months these will obviously end up being reflected in the magazine, as I look to focus more on our community here in Headington, trying to keep the community conversation as relevant as possible.

On that note, I would like to urge any of you who like the idea of contributing to send in your stories or articles relevant to the Headington community. I want to be providing you with the content that interest you and the community. We will be covering events in Headington, and focusing more on reviewing and promoting local business as much as we possibly can.

With that in mind, I would direct you to a couple of features that have been submitted for this issue. The first is a little rundown on Life Coaching, kindly written by Jeanie Honey, a life coach based here in Headington. I had always seen it as some kind of Enchanted Wood, wisha-wisha type thing, but as I read more about it, I think I can see the benefits for a great many people.

We also have a feature written by Joan Smith on page 10. A small memoir, if you will, of her time working here in Oxford as a medical secretary way back before the NHS we know today even existed. It's quite the nostalgic trip down memory lane.

In conclusion, I'd like to thank each and every one of you for your support of HM as we head into the future, invigorated and energetic, and I hope we will continue this journey for a long time to come, as we evolve into what I think will become an invaluable part of the community. The novelty of digital technology is wearing thin on a great many people, and there has recently been a great trend back toward the feel of a print publication as people abandon the iPad and get back to turning pages, rather than flicking screens.

Until next month...

Steven

COVER IMAGE

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THIS MONTH IN YOUR HEADINGTON MONTHLY:

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Fairground Attraction

Fairs and theme parks never seem to lose their attraction. My kids love them as much as I did. The smell of candyfloss, the music and the thrills. It's a perfect summer combination.

Not everyone will agree with me though. My wife is terrified of anything more exciting than the merry-go-round. So why do I love Blackpool's Big One, while her knuckles go white on the dodgers?

According to psychologists it comes down to something he calls a "type T" personality. Type T's are thrill-seekers who thrive on the uncertainty and intensity of activities that most people would find hair-raising.

It seems some of us enjoy the physical sensations associated with fear: the adrenaline rush; the pounding heart and the sweaty palms. Scary rides make us feel alive. Terrifying experiences induce a sense of euphoria once we're back on solid ground though we only enjoy them experts say, when we're within a "protective frame" that assures us that deep down, we're still safe.

Recent research has pinpointed certain genes which may be responsible for those of us with type T personalities.

Biochemists have isolated a gene called DRD4 which seems more common in rollercoaster-lovers like me.

New technologies have allowed engineers to design coasters that change speeds quickly, shoot up hundreds of feet into the air, and make all sorts of twists and subject the body to intense forces. Research suggests that extreme fairground rides tend to appeal

particularly to those of us who lead stressful, structured or controlled lives. It's certainly true that roller coasters are a way of breaking out of the humdrum expectations of everyday life. Theme parks allow us to act like children again; to experience true excitement and behave a little wildly. Where else as an adult can you scream at the top of your lungs and throw your arms in the air without being sent for psychological evaluation?

Adventure parks are also a great way of bringing families and friends together. Riders share the thrill and adventure of having survived what feels like an extreme experience, even though the rides there are very safe. This bonds the participants more closely. It's even been suggested because of this that theme parks and rollercoasters are good places to go on a date because in situations of high emotional intensity attraction is more likely.

If you're looking for a great day out this summer where you can get in touch with your inner risk-taker, feel closer to your family and maybe even find romance...head for the nearest theme park. It's a scream!





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the garden gnome

it's not just about the amazon

I took a walk around my local streets, the other day, showing a guest around to get a feel of where I live, and if the front gardens hadn't been tarmacked, block paved or gravelled. Then the rest seemed to have that false artificial turf, often badly installed, and looking more like green plastic carpet more than anything else.

If I managed to find a garden with living plants, then the selection seemed to be much reduced compared with how I remember them. The selection of plants seemed minimal with very little diversity.

I've been thinking, is diversity bad for us? I'll leave you to consider that little nugget.

Many of us seemed concerned about mans destruction of the Amazon Forests or those in Borneo. Yet we easily overlook the little envelopes of land that encircle our own homes.

Its easy to forget how we can contribute by growing a more varied range of plants, large and small, in our own communities.

We rely on plants for our own health on many levels, but do plants rely on us?

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disappeared from planet earth, those plants will continue, unabashed very often.

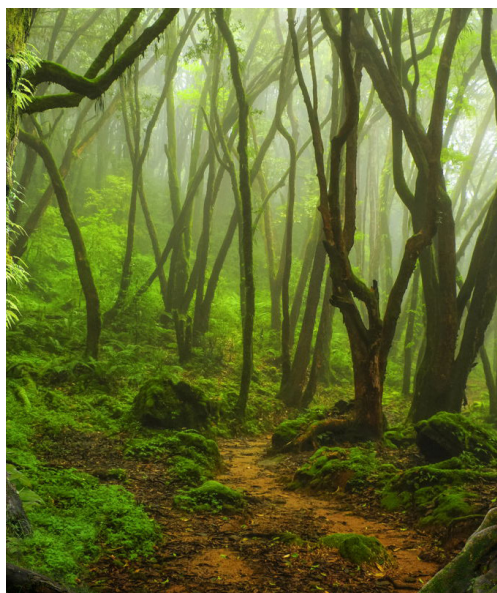
Let's appreciate them, in all their variations in our own towns and village, and not just in the rain forests of the world.

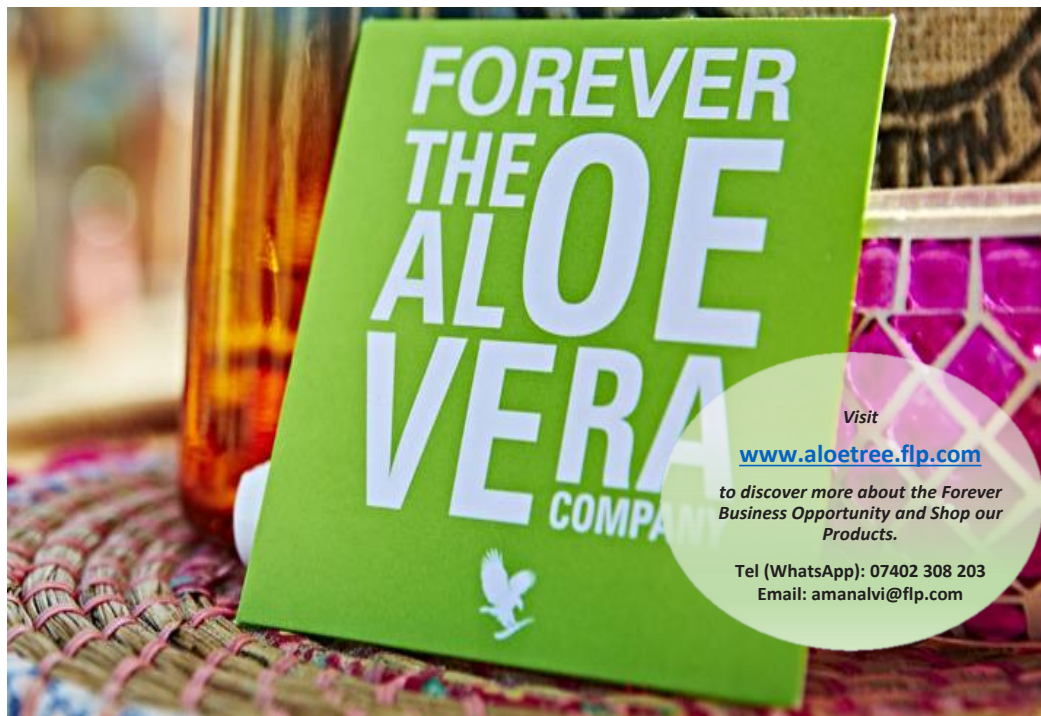
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WORKING AS A MEDICAL SECRETARY BEFORE THE NHS

by Joan Smith

Whilst attending the local Oxford hospitals either as a patient or a visitor, I think back to the days when I first started as a medical secretary.

I was fortunate enough to be offered a post as medical secretary in the Neurosurgery Department at the Radcliffe Infirmary in 1946 at the age of 17. The terms were 9 a.m. to 5 p.m. five days a week plus working three Saturday mornings out of four. The salary was £2.10 shillings a week.

Keen to be punctual on my first day I arrived rather early before anyone else, except the cleaning lady, Mrs. Parker, who was polishing the floor with a 'bumper'. She took me into the Department, opened the door to a long, very narrow room with many shelves of brains! Dozens of jars of formaldehyde preserving both whole brains and cross sections. She pointed to one and said "that is Lawrence of Arabia's brain". Rather daunting for someone who had never even been inside a hospital before.

T.E. Lawrence had a fatal motorcycle accident on 13 May 1935 in Dorset. Hugh Cairns, the head of the Department I was about to join, was one of the neurosurgeons who tried to save him. Lawrence died six days later at the age of 46. Winston Churchill, and his wife Clementine attended the funeral.

The two neurosurgeons, Hugh Cairns and Joe Pennybacker, together with the neurologist, Ritchie Russell, had their own secretaries. My job was to type the history and examination notes of the patients on the ward. These were handwritten by the house surgeons, and I had to transcribe them onto the typewriter creating carbon copies.

After about two years a dictaphone was introduced. This was a rather heavy piece of equipment with a six inch wax drum for the transcription. After this was done the wax drum then had to be shaved ready for re-use. After another two years or so this was replaced with a more up to date machine with cassettes.

Two members of staff I was particularly fond of were Audrey Arnott and Fay McLarty who were medical artists. They worked in the Rotunda in the grounds of the Radcliffe and took their dachshunds with them to work every day. The dogs would sleep on a mattress with the electric fire on in the winter! Audrey would attend some operations, gowned and sitting on a stool she would make the most

exquisite drawings of the operation site and operation procedures.

If a new lamp bulb needed fitting or you had an electrical fault, you had to ring the Works Department and ask if 'Alecc' could come to the department.

At Christmas the medical students put on a pantomime where they mimicked many of the surgeons and physicians in the hospital. Hugh Cairns was frequently portrayed and, as he was Australian, they always played "Waltzing Matilda".

On Christmas Day any patients remaining on the ward watched one of the neurosurgeons carve the turkey in the middle of the ward.

After T.E. Lawrence's death Professor Sir Hugh Cairns researched and campaigned strongly for the use of crash helmets by both military and civilian motorcyclists. He did not live to see the changes in law his research brought about. Sadly he died on 18 July 1952 at the age of 56 from cancer.

I was married in 1951 and left the Department in June 1953 to have the first of my two daughters. They have both now retired!

I have very happy memories of a very rewarding and enjoyable time spent at the Radcliffe Infirmary.

Addendum: The life of Lawrence of Arabia makes fascinating reading. He was educated in Oxford attending Oxford High School and the University, travelled extensively, wrote many books and was a motorcycle fanatic, owning eight motorcycles.



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WHAT ARE THE BENEFITS OF LIFE-COACHING?

by Jeanie Honey

Trying out life coaching is a way of saying to yourself “My life matters and I am going to sort this out”, whatever “this” is. It might be a difficult relationship, a challenging work situation, or a feeling that you are stuck. Perhaps you are facing a major decision – or just feeling overwhelmed by pressure.

I think we can all look back and recognise experiences we’ve had that were very tough and which we have come through one way or another. Coaching can make the crucial difference at these pivotal times. You can either sink, or settle for something mediocre, or you can make a positive decision to face whatever it is and find a way forward.

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cover a new way of seeing things, and you will at least know the next step that you can take.

In the end it’s about coming alive, and working out what will help you not just to navigate your current situation but to flourish and grow. You might have a real breakthrough in just one or two sessions or it might be more useful to book sessions for a 3 month period. I work with people one-to-one in Headington where I live and in Oxford. For those interested in travel, I also lead trekking retreats in the Himalayas. If you feel tempted to try out some coaching, I offer a free 30 minute taster session.

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Picnic Power

How I overcame my fear of eating al-fresco



The text from my friend Lorraine said simply: Fancy a family picnic this weekend?

My palms began to sweat; my heart pounded. If she'd invited me to a naturist karaoke evening, I'd have been less distressed! I wanted to yell "NO! Why would you suggest that? I thought we were friends!"

I detest picnics. Picnics are my nemesis.

My hatred of them began as a child. Car-sick and hot (air-con in vehicles was pretty much unheard of in 1980s Birmingham, and my mother insisted on having all the windows closed on account of 'the fumes') we would arrive at some God-forsaken destination, usually a carpark with a field attached next to a gasworks, and unpack soggy sandwiches, dangerously tepid sausage rolls and revolting syrupy Kia-Ora. There were never any loos, so we had to 'go' behind a bush; the memory of being discovered mid-flow by a random dog-walker still haunts me.

I'm sure my mother imagined herself, wearing a straw hat and broderie anglaise summer dress, reclining elegantly on a plaid rug while we children frolicked nearby playing tag or flying kites, or maybe lolled next to her reading.

The reality was my own personal version of hell. She might have managed the

straw hat, but it wasn't easy to look elegant while squatting on a sloping patch of sparse parkland, being eaten alive by ants while us kids alternately squabbled and whined or poked a dead, maggoty rabbit with sticks.

She tried various approaches over the years. Once she cooked picnic fayre from the recipes in Woman's Own Magazine. Marinated chicken wings which looked quite nice before they'd travelled twenty miles

in a Tupperware box, ended up looking (and tasting) like evidence from a particularly gruesome episode of *Silent Witness*. Ditto the potato salad.

I have nothing against eating outdoors. I have a table and chairs in my garden. The food only has to travel a few feet from the kitchen so there are no nasty surprises when we come to eat it. As an adult I'd avoided all picnics, until now. But Lorraine is my best friend and sometimes you must take one for the team, so I agreed reluctantly. "I'll bring the food, you bring the drink," she said.

My ridiculously enthusiastic family (they were stupidly excited about our first family picnic) and I arrived at the venue. My expectations were low. Lorraine and her husband Dave unloaded folding tables, chairs, a table cloth and... a cool box of delicious food mostly purchased from the local deli, which does all manner of pre-prepared salads and cold cuts. There was fresh bread, olives, citronella candles to keep away insects, music, wine (courtesy of yours truly) and not a salmonella-infested sausage roll in sight. It was completely delightful. There may have been frolicking children too, even if one of them did find a dead bird (told you!)

I am now a picnic convert and we're planning another. I'm even reading recipes for marinated chicken wings!



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Sunscreen Tips



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Apply even if you're not at the beach - Incidental sun exposure from walking down the street, driving with the windows open and sitting in front of a window, account for most of our exposure to UV throughout our lives. Apply suntan lotion wherever you are!

Reapply - Even water-resistant sunscreen needs regular reapplication.

If it's expired throw it out - Expired sunscreen breaks down and is less effective.

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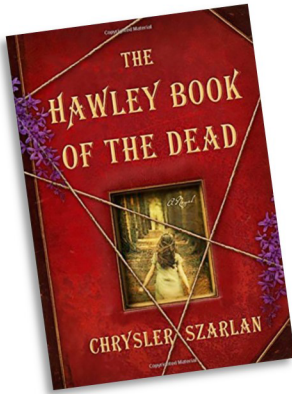
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A Good Read



***The Hawley Book of the Dead* by Chrysler Szarlan**

As the front cover of the book says: enter a world of secrets, mysteries and magic.

We begin with a murder. Reve kills her husband, Jeremy: on stage,

in front of an audience. But she doesn't murder him. Reve and Jeremy are a magic act performing on the Vegas Strip and the highlight of their act is 'Defying the bullets', but it is one of those bullets that will kill him.

What at first appears to be a murder mystery of who swapped the bullets soon becomes something else as the grief-stricken Reve and her three daughters leave Las Vegas and return to her ancestral home in New England: a now-deserted hamlet of homes called Hawley Five Corners. Requested to return by her Nan she is told to 'remember the story of the Fetch'.

Drawing on old Irish mythology of the Fetch, the Tuatha De Dannan and Tír na nÓg, this novel draws you into this strange corner of the world where children in the 1920s disappeared, some reappeared several months later but most were never seen again. Reve discovers an old book in the house which appears to be full of blank pages. Only sometimes when she opens it there is writing, and the book gives her an insight into who she really is and the history of her family. Then further tragedy strikes as her teenage twin daughters go missing. Have they disappeared just like the earlier inhabitants of Hawley Five Corners, never to be seen again, or is there something more mundane going on? What is the

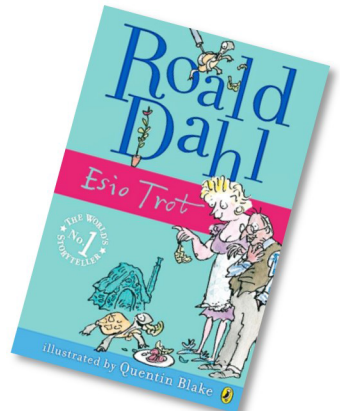
truth behind the land her ancestors occupied and what will Reve do to keep her own children safe from the Fetch? What will be the 'great reveal' at the end of the act?

***Esio Trot* by Roald Dahl**

'Mr Hoppy lived in a small flat high up in a tall concrete building. He lived alone. He had always been a lonely man and now that he was retired from work he was lonelier than ever. There were two loves in Mr Hoppy's life.'

And so the short story of *Esio Trot* begins. This is pure, classic Roald Dahl, with silly words, silly characters, and, of course, wonderful illustrations by Quentin Blake.

So, what are his two loves? Well, there are the flowers he grows on his balcony, and then there is Mrs Silver a widow who lives in the flat below him. They only see each other when out on their balconies and Mr Hoppy has never had the courage to say more than a few words to her. But then a chance conversation changes everything. Mrs Silver has a pet tortoise called Alfie and she is concerned that Alfie doesn't seem to grow. If only she knew how to help him grow. Mr Hoppy formulates a plan to help Alfie grow and at the same time win Mrs Silver's affections. A plan involving silly words, a metal tube and a LOT of pet tortoises!





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Restore brings you their 28th Elder Stubbs festival, a feast for the senses! 18th August from 12-6pm



Restore is a local Oxfordshire charity with four recovery centres around the county in Didcot, Banbury and three in Oxford with two affiliated centres at Bridewell and at Root and Branch near Witney.

They help people who have suffered with mental illness manage their recovery through gardening, woodwork, arts and crafts and help some back into work. Every year, for the last 28 years, they have held a festival at their Elder Stubbs allotments site in Rymer's Lane, Florence Park, OX4 3DY

We have several excellent music acts lined up, ranging from hip hop through blues and on to Indian classical tabla players. All tastes are catered for, with food stalls ranging from Ethiopian vegan food through wood fired pizza ovens to Chinese dumplings. We have a reggae sound system, well-being workshops (tai chi, yoga etc) through to workshops and everything in between. Then, for the children, we have The Story Museum tent with stories being told by their resident narrators, pony rides, a tomobola and much more!

The festival is a feast for the senses! Come along



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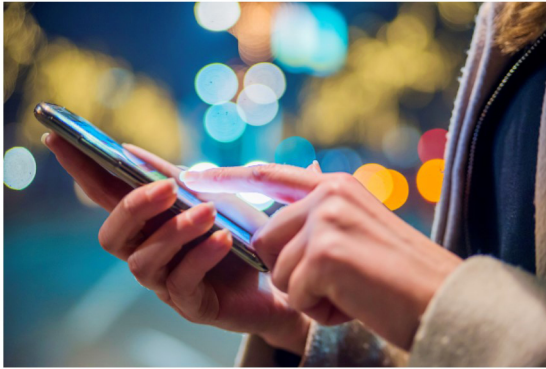
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*Nicholas is an extremely intelligent business journalist who has a great depth of knowledge on many diverse topics and whose counsel is always enlightening and useful. I have known Nicholas for many years and he has been a good friend to both me and my business - David Blythman, Managing Director, Scott Frazer, Oxford

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Smoke Signals to Smartphones

Have you ever wondered what life was like before smartphones?



One of the oldest forms of long distance communication is smoke signals, used in both Ancient China and by Native Americans to warn of enemy attacks.

Then there were carrier or homing pigeons, which are birds that have been bred to find their way home over immensely long distances. A short message was written on a small piece of paper which was inserted into a small metal canister and attached to the leg of a pigeon. They were mainly used by the military and were a surprisingly accurate and effective way of communicating during battle.

In 1837, two sets of inventors simultaneously developed an electrical telegraph: Wheatstone and Cooke in England, and Samuel Morse in the United States. Morse and an assistant developed a new signalling alphabet using dots and dashes that became the standard for telegraph communication. By 1861, this Morse telegraph system connected the West and East coasts of America, and put the Pony Express (a mail-delivery service which had connected communities across the vastness of the United States) out of business. As technology improved, the telegraph became an audio transponder, where messages were translated based on the interval between two clicks.

Alexander Graham Bell is commonly

credited as the inventor of the telephone, though in fact many individuals contributed to the devices we use today but it was Bell who filed the patent in 1876 for an *"apparatus for transmitting vocal or other sounds telegraphically"*

The earliest text-based machine was the fax machine. It's been around since the 1880s, though it only achieved commercial success in 1966, when Xerox introduced the Magnafax Telecopier. This behemoth weighed over 20Kg and

sent digital versions of documents through phone lines via a series of dial tones. The fax machine became popular with business and in newsrooms because it allowed people to send documents across the world in a matter of minutes, replacing courier mail services and telegrams.

In 1973, Motorola produced the first 'mobile' phone, which weighed over 2Kg! Today, we've come a long way from those oversized devices and have access to phones that weigh around the same as a bar of chocolate, and slip easily into our pockets.

With the advent of the Internet came 'Instant Messaging'. ICQ was the first stand-alone instant messenger. This was the first centralized service which allowed individual user profiles. It was the grandfather of all other instant messaging services.

Today we use our mobiles for much more than talking. On average we spend just 6 minutes per day talking on the phone, but more than 26 minutes texting! Originally, we had to type out every letter according to the numerical keypad on our mobile devices. Now we have full QWERTY touch screen keyboards with predictive text and autocorrect capabilities that make it easier than ever to communicate. How amazing is that?

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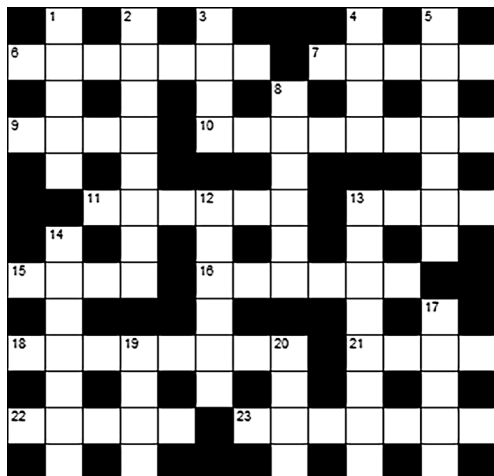


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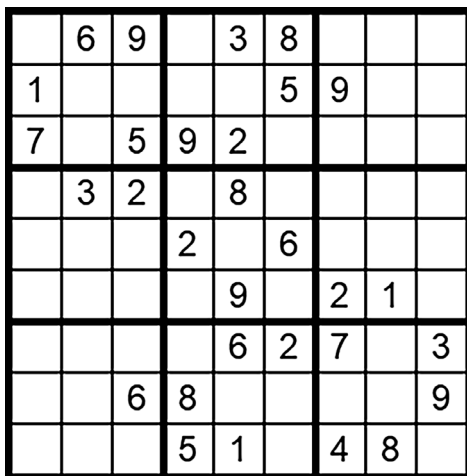


## BRAIN GAMES

### CROSSWORD



### SUDOKU



### CROSSWORD CLUES

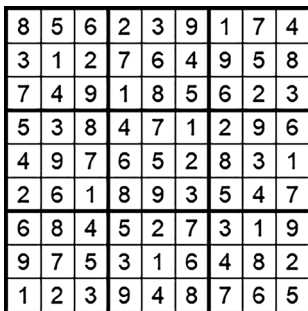
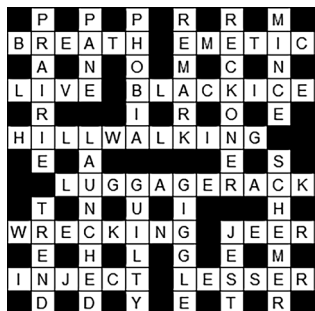
#### ACROSS

- 6 Very cold storage cabinet (7)
- 7 From then, till now (5)
- 9 Reverse (4)
- 10 Made as good as new (8)
- 11 Image-recording device (6)
- 13 Speed contest (4)
- 15 Capital city of Italy (4)
- 16 Dissertation (6)
- 18 Type of vinegar (8)
- 21 Cigarette end, butt (4)
- 22 Mislead, hoodwink (5)
- 23 Distance travelled per unit of fuel (7)

#### DOWN

- 1 Inaccurate, untrue (5)
- 2 Clear or cloudy fizzy drink (8)
- 3 Swerve (4)
- 4 Inflatable rubber mattress (4)
- 5 Howl, shriek (7)
- 8 Breakout, abscond (6)
- 12 Inter, bury (6)
- 13 Print and distribute again (8)
- 14 Appealing, endearing (7)
- 17 Move, shift (5)
- 19 Secure (4)
- 20 Wind into rings (4)

Last month's Brain Games solutions:  
did you get them right?



### How to Play SUDOKU

It's so simple!  
Fill in the grid so that each row, column and 3x3 box contains the numbers 1 through to 9 with no repetition.  
You don't need to be a genius. These puzzles use logic alone.  
But beware! Sudoku is highly addictive.

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Have an event? We happily publicise non-profit, community and charity events through this page. Please email [ads@headingtonmonthly.co.uk](mailto:ads@headingtonmonthly.co.uk) with the subject heading "Community Events" before 2 August with your events for September 2018.

**Marston Women's Institute** is hoping to raise money for Helen House, The Porch and branch funds by holding a **CREAM TEA** on **Saturday August 4th** from

**2.30 pm to 4 pm**

in St Nicholas Church Hall, Elsfield Rd, Old Marston  
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# DEN BUILDING

My eight-year-old is a den-builder. Wherever we go he constructs a dwelling. If we're at the beach he's off foraging for driftwood to make a shelter, on a forest walk he stacks branches and covers them with leaves and moss, 'for insulation and camouflage!'. If he's stuck indoors on a rainy day he'll use chairs, cushions and blankets. He is one of life's builders and should there ever be a zombie apocalypse and we have to restart civilisation from scratch I want to be on his team!

If you could distil childhood into a single activity, it would probably be den-building. Most kids love it, be it scavenging building materials from forest debris, to stacking chairs back-to-back and raiding the airing cupboard for linen. Den-building is also a great family activity. It requires teamwork and communication and is a good way to spend quality time together. Even the smallest children can gather leaves, or cushions if you're indoors, and add decorations. My son loves to use fairylights on his more elaborate indoor structures.

But essentially, all a den needs is a frame and a cover. Planning is everything though. What materials are available? The beach will provide different building materials to the forest, or the sitting room. Think about how you'll support the roof. If it all collapses, don't stress, what have you learned? Den-building is about the process as much as the final result.

## **A sturdy frame**

Chairs and tables are good for building a structure quickly (good for very young children). Bamboo canes are light, strong and fairly cheap. Broom handles or tent poles are also good. Bendy sticks or plastic bendy pipes can make an interestingly shaped den. Fallen branches make you feel like Robinson Crusoe (but don't

destroy trees).

## **Stuff for tying**

String or rope; rags - try cutting up old T-shirts.

## **Shelter Materials**

Bright materials can help you turn your den into a palace, fancy restaurant or castle. If you want to leave your den outside you'll need waterproof material, such as plastic dust sheets or tarpaulin. You can use large leaves a bit like tiles but you need lots and they must overlap properly so the rain runs off them and not into your den. It's fun experimenting though. If you do use leaves, ferns and moss remember that these are the habitats for little creatures so exercise some care.

**DON'T** use glass, or very heavy fence panels, tins of paint or branches cut from living trees.

If you're outside respect the environment! Don't damage the den site - when your den is dismantled it should leave no trace. Don't discard litter; take your rubbish home with you.

Take lots of photos or videos of your efforts. One afternoon building a den in the company of your favourite people will also build memories that last a lifetime.





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# CONTACTS, COMMUNITY, CALENDAR.

These are some useful local numbers and school terms calendar. Please advise us if there are any errors or important missing numbers

## Doctors:

- \* Barton Surgery, Underhill Circus, Headington - 01865 744 221
- \* Hedena Health Centre, 207 London Road, Headington - 01865 227788
- \* Manor Surgery, Osler Road, Headington - 01865 762 535

## Dentists:

- \* 310 Dental Care, 310 London Road, Headington - 01865 766975
- \* SDental Studio, Mill Court, 40 Windmill Road, Headington, Oxford, OX3 7BX - 01865 760000
- \* Bury Knowle Dental Practice, 207 London Road, Headington - 01865 308400
- \* Euro Dental Practice, 61 London Road, Headington - 01865 751981
- \* John Miller Dental Practice, 6a The Parade, Windmill Road, Headington - 01865 308 050
- \* Kennett Road Dental Practice, 3 Kennett Road, Headington - 01865 761 965
- \* Manor Dental Practice, 7 Osler Road, Headington - 01865 750 056
- \* Studental, Oxford Brookes University, Colonnade Building, 3rd Floor, Gypsy Lane, OX3 - 01865 689 997

## Chemists:

- \* Barton Pharmacy, 6 Underhill Circus, Headington - 01865 763 106
- \* Boots Pharmacy, 96 London Road, Headington - 01865 762 518
- \* Boots Bury Knowle, 207 Bury Knowle Health Centre, Headington - 01865 765 559
- \* Roundway Pharmacy, 3 Roundway, Headington - 01865 766 994

## Libraries:

- \* Headington Library, North Place, Headington - 01865 762 867

## Other Useful Numbers:

- \* Age UK - 01235 849 400
- \* Childline - 0800 1111
- \* Citizen's Advice Bureau - 0870 200 608
- \* John Radcliffe Hospital - 01865 741 166
- \* Gas Emergencies - 0800 111 999
- \* Power Outages - 0800 072 7282 (Scottish Power & Southern Electric)
- \* Thames Valley Police - 101
- \* Oxford City Council - 01865 252 900
- \* Rt. Hon. Annelise Dodds MP - 0207 219 2705  
[annelise.dodds.mp@parliament.uk](mailto:annelise.dodds.mp@parliament.uk)
- \* NHS Direct - 111
- \* The Samaritans - 116 123 (Freephone)
- \* Recycling and waste 01865 249811

## City Councillors for Headington:

- \* Ruth Wilkinson - 07789 368 300
- \* Altaf Khan - 07931 345 554

## School Terms 2018-19

| Term               | Date             | # Days |
|--------------------|------------------|--------|
| Term 1             | 4 Sep - 19 Oct   | 37     |
| Oct. Holiday       | 22 Oct-26 Oct    |        |
| Term 2             | 29 Oct - 21 Dec  | 35     |
| Christmas Holiday  | 24 Dec - 4 Jan   |        |
| Term 3             | 7 Jan - 15 Feb   | 29     |
| Feb Holiday        | 18 Feb - 22 Feb  |        |
| Term 4             | 25 Feb - 5 Apr   | 35     |
| Apr Holiday        | 8 Apr - 22 Apr   |        |
| Term 5             | 23 Apr - 24 May  | 24     |
| Late Spring        | 27 May - 31 May  |        |
| Term 6             | 3 Jun - 24 July  | 33     |
| School Year Begins | 3 September 2019 |        |
| Total              |                  | 195    |

*This information is taken from the Oxford City Council website. Please contact your school or visit your school's website to check the return dates for your school and obtain dates of teacher inset days.*



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